

Kat Shields

Year of call: 2016

Overview

Kat Shields joined 7BR after the successful completion of her pupillage in October 2018.



Before being called to the Bar, Kat was a secondary school English teacher with the 'Teach First' charity. She then spent one year working as Research Assistant at the Law Commission of England and Wales, where she focused on reforms to criminal legislation.

Kat studied law at St Catherine's College, Oxford and spent a year studying French law at l'Université Panthéon-Assas, Paris II. She is a fluent French speaker, and during her second six she assisted in a multi-handed Crown Court trial which featured a substantial amount of material from the Court of Appeal of Paris and the French police.

Kat accepts instructions in all areas of Chambers' practice including clinical negligence, employment and family. She is frequently instructed to represent the police in family cases, and recently appeared in the High Court in an abduction matter.

Kat prosecutes and defends in the Crown Court. She is also part of a research team which produces the Lexis Nexis monthly updates to Blackstone's Criminal Practice.

Scholarships & Awards

- Astbury Scholar (Middle Temple)
- BPTC Performance Award (University of Law)

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